

THE FORKS OVER KNIVES PLAN

4-WEEK MEAL PLANNING GUIDE

WEEK 1 (BREAKFAST)

HOW DOES THIS MEAL PLAN WORK?

We want you to be in control of what you eat, when you eat, and how much you eat. In the long run, this freedom from specific “diets” and “plans” will be liberating. However we know that in the short term, adopting a whole-food, plant-based diet can seem like navigating a brand-new and unfamiliar city without a map of any kind. So if you would like more structure, especially at the beginning of your transition, we offer here a transition plan—based on the information and recipes in our book *The Forks Over Knives Plan*—that will help you move effortlessly from your current diet to a whole-food, plant-based one in four weeks.

Although we suggest a specific meal plan for each day (this week, you’re changing only each day’s breakfast), it’s important that you remember your own needs—including how much time you have available for shopping and cooking, as well as your personal preferences. Feel free to switch around or swap out recipes to meet those needs. For your convenience, after each recipe you will find its page number and approximate preparation time.

HOW TO SAVE TIME ON COOKING AND PREP

Whenever possible, plan ahead. Read through the recipe when you make your shopping list, and again the night before, to make sure you have all the ingredients and any substitutes you would like to use. Some dishes may require prep work such as chopping vegetables and soaking grains or beans. Do whatever prep work you can the night before to save time in the morning. And take a few minutes to lay out your tools (measuring cups and spoons, utensils, bowls, saucepans, equipment, etc.). This is especially helpful when you are trying out a new recipe or for a dish that takes longer than a few minutes to prepare.

WHAT TO DO WITH LEFTOVERS

Some days you will have leftovers from the previous day’s breakfast. You can enjoy them again the next morning in the same form, or you can change the way you serve them. For example, spoon some different fresh fruit over the Multigrain Pancakes, sprinkle nuts on top of the Breakfast Fruit Crisp, serve the Twice-Baked Sweet Potatoes on toast, or make a sandwich out of leftover Potato Scramble.

If you don’t have enough leftovers to make a complete breakfast, bulk them up by adding any of the following quick options: fruit salad, quick-cooking oatmeal, a smoothie, or a sandwich or wrap made with a nut butter and sliced fruit.

A NOTE ON YIELDS

Most of our recipes yield enough for four to five people. The following recipes are exceptions and need to be scaled up as indicated to accommodate this many people:

- The Easiest Granola: 2 times
- Fruit & Nut Oatmeal: 2 times
- Breakfast Smoothie: 2 times
- The Quickest Breakfast Wrap: 4 times

If you are cooking for more or fewer people, scale the recipes up or down accordingly.

We often quote Dr. Caldwell B. Esselstyn, Jr., who likes to say that people choosing a whole-food, plant-based lifestyle become “the locus of control” of their own health and vitality. This week, by taking the relatively small step of changing just your first meal each day, you are taking a giant leap toward your own empowerment. Now let’s dive right into Week One’s plan!

WEEK 1 AT A GLANCE

	Breakfast	Lunch	Dinner	Dessert
Day 1	THE EASIEST GRANOLA With plant-based milk and fresh fruit Make 2 times the recipe Page 144 (60 minutes)			

*Tip: We suggest **The Easiest Granola** as the first meal of the plan, as it can be made in advance (it'll keep for up to 10 days), and it is good for those mornings when you don't have the time to prepare something fresh. This granola also makes a good snack any time of the day. If you are making it for a family, or you want to have lots on hand this week for yourself, we recommend that you double the recipe.*

	Breakfast	Lunch	Dinner	Dessert
Day 2	THE QUICKEST BREAKFAST WRAP Make 4 times the recipe Page 145 (2 minutes) or LEFTOVERS FROM DAY 1			

*Tip: If you are gluten-free, substitute corn tortillas for the **Breakfast Wrap**.*

	Breakfast	Lunch	Dinner	Dessert
Day 3	BAKED BREAKFAST POLENTA WITH BERRY COMPOTE Page 153 (15 minutes) or LEFTOVERS FROM DAY 2			

*Tip: If you are having the **Breakfast Wrap** again, try it on toasted bread instead of rolled into a tortilla.*

	Breakfast	Lunch	Dinner	Dessert
Day 4	FRUIT & NUT OATMEAL Make 2 times the recipe Page 152 (10 minutes) or LEFTOVERS FROM DAY 3			

*Tip: If you like a crunchier flavor, try steel-cut oats instead of the rolled oats in the **Fruit and Nut Oatmeal**.*

	Breakfast	Lunch	Dinner	Dessert
Day 5	BIG BREAKFAST BURRITO Page 151 (50 minutes) TOMATO SALSA Page 274 (15 minutes) or LEFTOVERS FROM DAY 4			

*Tip: If preparing the **Tomato Salsa** yourself, you can make it up to 4 or 5 days in advance. Or use store-bought, to save time.*

	Breakfast	Lunch	Dinner	Dessert
Day 6	BREAKFAST SMOOTHIE Make 2 times the recipe Page 148 (3 minutes) or LEFTOVERS FROM DAY 5			

Tip: If you are having a smoothie for breakfast, plan to eat an extra snack or a bigger lunch today, as you may find you are hungrier earlier.

	Breakfast	Lunch	Dinner	Dessert
Day 7	POTATO SCRAMBLE on whole-wheat bread or tortillas Page 150 (35 minutes) or LEFTOVERS FROM DAY 6			

*Tip: You can make the scramble up to 2 days in advance to save time this morning. Eat any leftover potato scramble for lunch tomorrow, when we suggest you have it with the **Beet and Barley Salad**. Or you can have it for breakfast tomorrow. If you want a little variety, eat it in a wrap tomorrow if you have it on toast today.*

WEEK 2 (BREAKFAST AND LUNCH)

WHAT'S NEW THIS WEEK?

Congratulations on completing Week 1! We hope you are enjoying your transition and finding some meals that you will be able to enjoy for years to come. In this week, we will be keeping breakfast and adding lunch to your meal plan.

HOW TO SAVE TIME ON COOKING BREAKFAST AND LUNCH

As we suggested earlier, planning goes a long way, so whenever possible take time to plan out your lunch for the following day. For example, the Potato Scramble you had for breakfast yesterday will make a great lunch today. You can bulk up any lunch by adding some extra salad, brown rice, or a dip on the side. Cooking beans and grains takes a little more time, so try setting aside

some time over the weekend to prepare a variety of beans and grains to use during the week. You can even pack some of these into the freezer so you'll always have some on hand.

WHAT TO DO WITH LEFTOVERS

Leftovers can now work for both breakfast and lunch. Save cooking time by eating them the following day, or freeze them and save them for later. Leftovers can also be used with your evening meals, even if they are not yet plant based. You may even find that with so many leftovers you don't need to cook as often. If you are choosing to eat leftovers the following day, stave off boredom by adding a side dish or two, such as a salad, grain of the week, or soup to freshen things up.

WEEK 2 AT A GLANCE

	Breakfast	Lunch	Dinner	Dessert
Day 8	THE QUICKEST BREAKFAST WRAP Page 145 (2 minutes) or LEFTOVERS FROM DAY 7	BEET AND BARLEY SALAD Page 176 (40 minutes, plus soaking time for the barley) with LEFTOVER POTATO SCRAMBLE FROM DAY 7		

*Tip: For the **Beet and Barley Salad**, soak the barley at breakfast time. Or, if you are going to prepare the lunch in the morning, soak it the previous night. Cook the beets at the same time.*

	Breakfast	Lunch	Dinner	Dessert
Day 9	MULTIGRAIN PANCAKES WITH FRESH BERRIES Page 141 (45 minutes) or LEFTOVERS FROM DAY 8	CREAM OF BROCCOLI SOUP Page 201 (30 minutes) with WHITE BEAN AND ROSEMARY SPREAD Page 260 (5 minutes) with whole-grain pita bread or lettuce leaves or LEFTOVERS FROM DAY 8		

*Tip: You can make the **Multigrain Pancakes** in half the time if you use two nonstick pans or a large griddle, so that you can cook more pancakes at a time. If you have any leftover pancakes, you can store them in the fridge and reheat for breakfast tomorrow.*

	Breakfast	Lunch	Dinner	Dessert
Day 10	FRUIT & NUT OATMEAL Make 2 times the recipe Page 152 (10 minutes) or LEFTOVERS FROM DAY 9	SLOPPY JOE PITAS Page 156 (35 minutes) DEL'S BASIC BARBECUE SAUCE Page 270 (55 minutes) or LEFTOVERS FROM DAY 9		

*Tip: Make the **Barbecue Sauce** up to 7 days before or use store-bought.*

	Breakfast	Lunch	Dinner	Dessert
Day 11	CORN & BLACK BEAN CAKES Page 142 (50 minutes) TOMATO SALSA Page 274 (15 minutes) SOUR CREAM Page 269 (2 minutes) or LEFTOVERS FROM DAY 10	NO-FUSS PASTA SALAD Page 179 (20 minutes) BALSAMIC VINAIGRETTE Page 269 (2 minutes) or LEFTOVERS FROM DAY 10		

*Tip: Make the **Tomato Salsa** up to 4 or 5 days in advance, or use store-bought. For the **No-Fuss Pasta Salad**, you can use any leftover vegetables. You can also use store-bought balsamic vinaigrette.*

	Breakfast	Lunch	Dinner	Dessert
Day 12	BREAKFAST SMOOTHIE Make 2 times the recipe Page 148 (2 minutes) or LEFTOVERS FROM DAY 11	SPINACH POTATO TACOS Page 170 (35 minutes) or LEFTOVERS FROM DAY 11		

	Breakfast	Lunch	Dinner	Dessert
Day 13	TWICE-BAKED BREAKFAST SWEET POTATOES Page 146 (90 minutes) or LEFTOVERS FROM DAY 12	MIXED BEAN & VEGETABLE STEW Page 190 (70 minutes) BROWN RICE Make 3 times the recipe Page 181 (60 minutes) or LEFTOVERS FROM DAY 12		

Tip: If making rice, make 3 times the recipe and freeze the extra rice in two two separate portions for Days 15 and 18.

	Breakfast	Lunch	Dinner	Dessert
Day 14	THE EASIEST GRANOLA Make 2 times the recipe Page 144 (60 minutes) or LEFTOVERS FROM DAY 13	PASTA E FAGIOLI Page 212 (30 minutes) Fresh green salad with RASPBERRY VINAIGRETTE Make 2 times the recipe Page 267 (2 minutes) or LEFTOVERS FROM DAY 13		

*Tip: Make an extra portion of the **Raspberry Vinaigrette** for Day 16.*

WEEK 3 (BREAKFAST, LUNCH AND DINNER)

WHAT'S NEW THIS WEEK?

By now you might already be a pro at preparing the meals, knowing how to substitute ingredients, and creating fresh new dishes out of leftovers. These will be great tools to incorporate as we add dinner to the meal plan this week.

HOW TO SAVE TIME

Presoaking or prepping the night before or the day of can help save a lot of time, as can appliances like an electric crock pot, rice cooker, or pressure cooker for preparing grains, legumes, and beans—just set the timer and let them take care of the rest!

WEEK 3 AT A GLANCE

	Breakfast	Lunch	Dinner	Dessert
Day 15	BREAKFAST FRUIT CRISP Page 149 (50 minutes) or LEFTOVERS FROM DAY 14	HOLLYWOOD BOWL BROWN RICE SALAD Page 189 (35 minutes, using BROWN RICE LEFT OVER FROM DAY 13 if desired) or LEFTOVERS FROM DAY 14	LIMA BEAN SOUP Page 205 (40 minutes) SHEPHERD'S POT PIE Page 224 (85 minutes) LEFTOVERS FROM DAY 14	FRESH OR FROZEN FRUIT

*Tip: The **Hollywood Bowl Brown Rice Salad** will taste as good with any other grain. Throw in some cooked beans to make it even heartier.*

	Breakfast	Lunch	Dinner	Dessert
Day 16	BAKED BREAKFAST POLENTA WITH BERRY COMPOTE Page 153 (15 minutes) or LEFTOVERS FROM DAY 15	BLACK-EYED PEA BURGERS Page 154 (105 minutes) Fresh green salad with RASPBERRY VINAIGRETTE LEFT OVER FROM DAY 14 or LEFTOVERS FROM DAY 15	PENNE WITH TOMATO-MUSHROOM CREAM SAUCE Page 241 (25 minutes) or LEFTOVERS FROM DAY 15	FRESH OR FROZEN FRUIT

*Tip: You can make a double batch of the **Black-Eyed Pea Burgers** and enjoy in the following days.*

	Breakfast	Lunch	Dinner	Dessert
Day 17	THE QUICKEST BREAKFAST WRAP Make 4 times the recipe Page 145 (2 minutes) or LEFTOVERS FROM DAY 16	RYE & WHEAT BERRIES WITH CELERY AND APPLES Page 252 (40 minutes, plus soaking time for rye and wheat berries) or LEFTOVERS FROM DAY 16	TEX-MEX BEAN AND CORNBREAD CASSEROLE Page 219 (60 minutes) or LEFTOVERS FROM DAY 16	BANANA MANGO ICE CREAM Page 284 (15 minutes, plus 2 to 3 hours freezing time)

*Tip: For the **Rye and Wheat Berries**, soak the grains the previous night. Also, you can change the grains and fruits to your preference. Add some beans to make this a heartier meal.*

	Breakfast	Lunch	Dinner	Dessert
Day 18	MULTIGRAIN PANCAKES WITH FRESH BERRIES Page 141 (45 minutes) or LEFTOVERS FROM DAY 17	SHIITAKE MUSHROOM LETTUCE WRAP Page 162 (20 minutes) BROWN RICE LEFT OVER FROM DAY 13 or LEFTOVERS FROM DAY 17	LENTIL VEGETABLE STEW Page 194 (107 minutes) Steamed quinoa Fresh green salad with CREAMY HERBED SALAD DRESSING Page 265 (2 minutes) or LEFTOVERS FROM DAY 17	FRESH OR FROZEN FRUIT

Tip: The Lentil Vegetable Stew will work with any grain, so pick your favorite.

	Breakfast	Lunch	Dinner	Dessert
Day 19	POTATO SCRAMBLE on whole-wheat bread or tortillas Page 150 (35 minutes) or LEFTOVERS FROM DAY 18	CREAMY SPINACH SOUP with toasted multigrain bread Page 200 (35 minutes) with WHITE BEAN LETTUCE WRAP Page 161 (10 minutes) or LEFTOVERS FROM DAY 18	FUSILLI with MARINARA SAUCE Page 238 (50 minutes) or LEFTOVERS FROM DAY 18	FRESH OR FROZEN FRUIT

Tip: Frozen ripe bananas make a delicious dessert. Peel them before freezing and store in containers. Have them plain or with some jam or nut butter.

	Breakfast	Lunch	Dinner	Dessert
Day 20	FRUIT & NUT OATMEAL Make 2 times the recipe Page 152 (10 minutes) or LEFTOVERS FROM DAY 19	ASIAN WRAP Page 172 (45 minutes) or WASABI ORANGE SAUCE Page 264 (2 minutes) or LEFTOVERS FROM DAY 19	POLENTA PIZZA PIE Page 232 (140 minutes) Fresh green salad with CREAMY TOMATO-BASIL DRESSING Page 268 (2 minutes) or LEFTOVERS FROM DAY 19	NO-BAKE PEANUT WONDERS Page 279 (20 minutes)

Tip: You can prep the ingredients for the Asian Wraps and make the Wasabi Orange Sauce beforehand. You can use the leftover sauce as a dressing over salad. To save time with the Polenta Pizza, make the crust earlier in the day and let it chill in the fridge.

	Breakfast	Lunch	Dinner	Dessert
Day 21	BIG BREAKFAST BURRITO Page 151 (50 minutes) TOMATO SALSA Page 274 (15 minutes) or LEFTOVERS FROM DAY 20	JAMAICAN FRUITED RICE SALAD Page 175 (65 minutes) with BROWN RICE Page 181 (60 minutes) or LEFTOVERS FROM DAY 20	ROASTED STUFFED WINTER SQUASH Page 230 (60 minutes) BORSCHT (BEET SOUP) Page 193 (50 minutes) or LEFTOVERS FROM DAY 20	FRESH OR FROZEN FRUIT

Tip: If preparing the Tomato Salsa yourself, make it up to 4 or 5 days in advance. Or use store-bought, to save time. Make 2 batches of brown rice to be used in the following days. Using leftover rice, or any other precooked grain, with the Jamaican Fruited Rice Salad will cut the cooking time to 20 minutes.

WEEK 4 (BREAKFAST, LUNCH, AND DINNER)

WHAT'S NEW THIS WEEK?

Actually, we're not making any big changes to your meal plan this week, as you've been eating three full whole-food, plant-based meals since last week. This week you want to cement your transition so it will last a lifetime. Use this week to clean up around the edges. If you've been hanging on to a few animal-based products either at a meal or in a snack here and there, actively look for whole-food, plant-based alternatives this week. As you head into this week, consider

whether there were any times of day last week that you felt like you were missing or craving something. Here again, actively seek out healthy alternatives, and if you found that you were hungry at unexpected times last week, eat more this week! By the end of the next seven days, you will have completed your Forks Over Knives transition. Then there will be nothing more to do than enjoy your newfound vitality and good health. Cheers to you!

WEEK 4 AT A GLANCE

	Breakfast	Lunch	Dinner	Dessert
Day 22	BREAKFAST SMOOTHIE Make 2 times the recipe Page 148 (2 minutes) or LEFTOVERS FROM DAY 21	30-MINUTE CHILI Page 192 (30 minutes) Whole-grain noodles or LEFTOVERS FROM DAY 21	POTATO-VEGETABLE CHOWDER Page 204 (45 minutes) Spinach or any other greens with CUCUMBER TAHINI DRESSING Page 266 (2 minutes) or LEFTOVERS FROM DAY 21	FRESH OR FROZEN FRUIT

Tip: Bake a big batch of potatoes in the oven at 400 degrees for 40-50 minutes. Keep some in the fridge to supplement other meals or as a snack.

	Breakfast	Lunch	Dinner	Dessert
Day 23	CORN & BLACK BEAN CAKES Page 142 (50 minutes) TOMATO SALSA Page 274 (15 minutes) SOUR CREAM Page 269 (2 minutes) or LEFTOVERS FROM DAY 22	RED BEET DIP Page 258 (47 minutes) with toasted whole-grain pita Fresh green salad with BALSAMIC VINAIGRETTE Make 2 times the recipe Page 269 (2 minutes) or LEFTOVERS FROM DAY 22	RICE CASSEROLE WITH LENTILS AND SAUTÉED VEGETABLES Page 216 (65 minutes) Sautéed kale or Swiss chard LEFTOVERS FROM DAY 22	CHOCOLATE RASPBERRY PARFAIT Page 275 (20 minutes)

*Tip: Make extra **Balsamic Vinaigrette** for dinner on Day 25. If preparing the **Tomato Salsa** yourself, make it up to 4 or 5 days in advance. Or use store-bought, to save time.*

	Breakfast	Lunch	Dinner	Dessert
Day 24	BREAKFAST FRUIT CRISP Page 149 (50 minutes) or LEFTOVERS FROM DAY 23	NAVY BEAN HUMMUS AND MIXED VEGETABLE PITA POCKETS Page 168 (45 minutes) or LEFTOVERS FROM DAY 23	TORTILLA SOUP Page 206 (45 minutes) SOUTH-OF-THE-BORDER PIZZA Page 163 (25 minutes) or LEFTOVERS FROM DAY 23	FRESH OR FROZEN FRUIT

*Tip: Pick your favorite vegetables and mix it up to get new flavors for your **Pita Pockets**.*

	Breakfast	Lunch	Dinner	Dessert
Day 25	BAKED BREAKFAST POLENTA WITH BERRY COMPOTE Page 153 (15 minutes) or LEFTOVERS FROM DAY 24	QUINOA WITH RED LENTILS served on a bed of greens or kale Page 245 (40 minutes) or LEFTOVERS FROM DAY 24	SWEET POTATO LASAGNA Page 245 (40 minutes) or BALSAMIC VINAIGRETTE LEFT OVER FROM DAY 23 or LEFTOVERS FROM DAY 24	FRESH OR FROZEN FRUIT

	Breakfast	Lunch	Dinner	Dessert
Day 26	TWICE-BAKED BREAKFAST SWEET POTATOES Page 146 (90 minutes) or LEFTOVERS FROM DAY 25	BUTTERNUT SQUASH SOUP WITH GREEN PEAS AND PESTO SAUCE Page 202 (35 minutes) Leftover bread or grains or LEFTOVERS FROM DAY 25	SPAGHETTI WITH WHITE BEAN ALFREDO Page 235 (25 minutes) Steamed vegetables with CREAMY HERBED DRESSING Page 265 (2 minutes) or LEFTOVERS FROM DAY 25	CHEWY LEMON-OATMEAL COOKIES Page 278 (80 minutes)

Tip: Add any leftover grains like rice or quinoa, or a salad to your lunch to bulk it up.

	Breakfast	Lunch	Dinner	Dessert
Day 27	THE QUICKEST BREAKFAST WRAP Make 4 times the recipe Page 145 (2 minutes) or LEFTOVERS FROM DAY 26	BLACK BEAN AND RICE BURRITO Page 158 (75 minutes) or LEFTOVERS FROM DAY 26	PIZZA WITH CREAMED SPINACH, SUN-DRIED TOMATOES, RED ONION, AND OLIVES Page 164 (45 mins) MASHED POTATO AND GRAVY Page 180 (80 minutes) or LEFTOVERS FROM DAY 26	FRESH OR FROZEN FRUIT

Tip: Add some greens to your mashed potatoes to pack an even greater nutrient punch!

	Breakfast	Lunch	Dinner	Dessert
Day 28	THE EASIEST GRANOLA Make 2 times the recipe Page 144 (60 minutes) or LEFTOVERS FROM DAY 27	MILLET CROQUETTES WITH DILL DRESSING Page 182 (90 minutes) served over a bed of salad greens or lettuce leaves or LEFTOVERS FROM DAY 27	CHICKPEA CHILI ON BAKED POTATOES Page 210 (65 minutes) or LEFTOVERS FROM DAY 27	FRESH OR FROZEN FRUIT

*Tip: To mix things up, **Chickpea Chili** can also be poured over leftover grains or baked sweet potatoes. Or, if eating pizza left over from yesterday, reheat it in a 400°F oven for 5 to 10 minutes. Line the baking tray with parchment paper to prevent the crust from getting soggy.*